

How to Keep Your Youth

PAULINE FURLONG'S HEALTH TALKS

The Face an Index to Character

IT is a deplorable fact that the treatment of the face for disfigurements, wrinkles, blackheads, pimples and other skin diseases is practically ignored by most busy physicians, and for that reason this important branch of the medical profession is usually left to barbers, so-called beauty doctors and many unscrupulous persons who know absolutely nothing about the intelligent care of the complexion.

Every person who treats the face, whether at home or professionally, should have a keen understanding about the nerves, texture of various skins, causes of different skin diseases and the positions of the underlying muscles; otherwise the treatments may do more harm than good. The face has been called by some experts who make a deep study of expression and character "the barometer of our moral and physical condition," because every mood of the mind and sensation of the body is reflected in it.

We all know that the so-called character lines which come with age, usually glaringly, denote the lives we have led, and that vices, passions, selfishness, kindness, happiness, etc., are all easily detected in our facial expressions.

This is why I have so often advised readers to cultivate calmness.

Answers to Health and Beauty Questions.

LARGE ABDOMEN.—N. G. D.: Too much food and insufficient exercise cause this. Eat less and practice trunk raising and all body bending and twisting movements at least ten minutes twice each day. Diet is most important.

WATER DRINKING FOR HEALTH.—MRS. T. R. F.: By all means drink a great deal of water. It will not make you fat if taken between meals—on the contrary, it cleanses the sluggish blood and stimulates the action of the eliminative organs, as well as destroys the appetite for food, temporarily. When you are very hungry try drinking several glasses of water, and note the effect. Drink buttermilk also, because this is nourishing and not fattening. Take this or an apple for luncheon instead of the usual meat meal. Ten glasses of water a day are none too much for any one.

CANNOT PERSPIRE.—MRS. G. H. H.: You must train the pores to do their work and encourage them through a course of Turkish baths. An electric light bath in the home is a healthful and sensible investment for any person of this kind. You cannot hope to keep well if you do not perspire freely. The pores of the skin must be kept open and active.

UPPER BODY ALWAYS TIRED.—MAURICE R.: You must first learn to stand correctly and erectly and carry your shoulders, chest and head high. I am sure this is the cause of continual tired feeling throughout the chest. Practice exercises to strengthen the muscles throughout the chest and shoulders and deep breathing always when in the fresh air.

VEGETARIAN DIET.—MRS. WALTER D.: One who eats eggs and cheese is not, strictly speaking, a vegetarian. Poultry, game, fish, shell fish, eggs, milk, cheese, sweetbreads, gelatine, consommé and all meat

Making Sweets For War Xmas

OATMEAL MACAROONS.

One tablespoon vegetable oil, one-half cup honey or corn syrup or molasses, one egg, one and one-half cups oatmeal, one-fourth teaspoon salt, one and one-half tablespoons rice flour, one-half teaspoon baking powder.

Combine the oil, syrup and beaten egg. Stir in the other ingredients. Drop from a teaspoon on to a greased pan or baking sheet slowly bake in moderate oven about fifteen minutes.

POPCORN BALLS.

One cup dark corn syrup or one cup molasses, one tablespoon vinegar, one tablespoon butter substitute, two quarts popped corn.

Boil the syrup, vinegar and butter substitute to the crack stage. Pour hot over the freshly popped corn. As soon as cool enough to handle rub a little butter substitute on the hands and shape into balls or flat round cakes.

FRUIT PASTE.

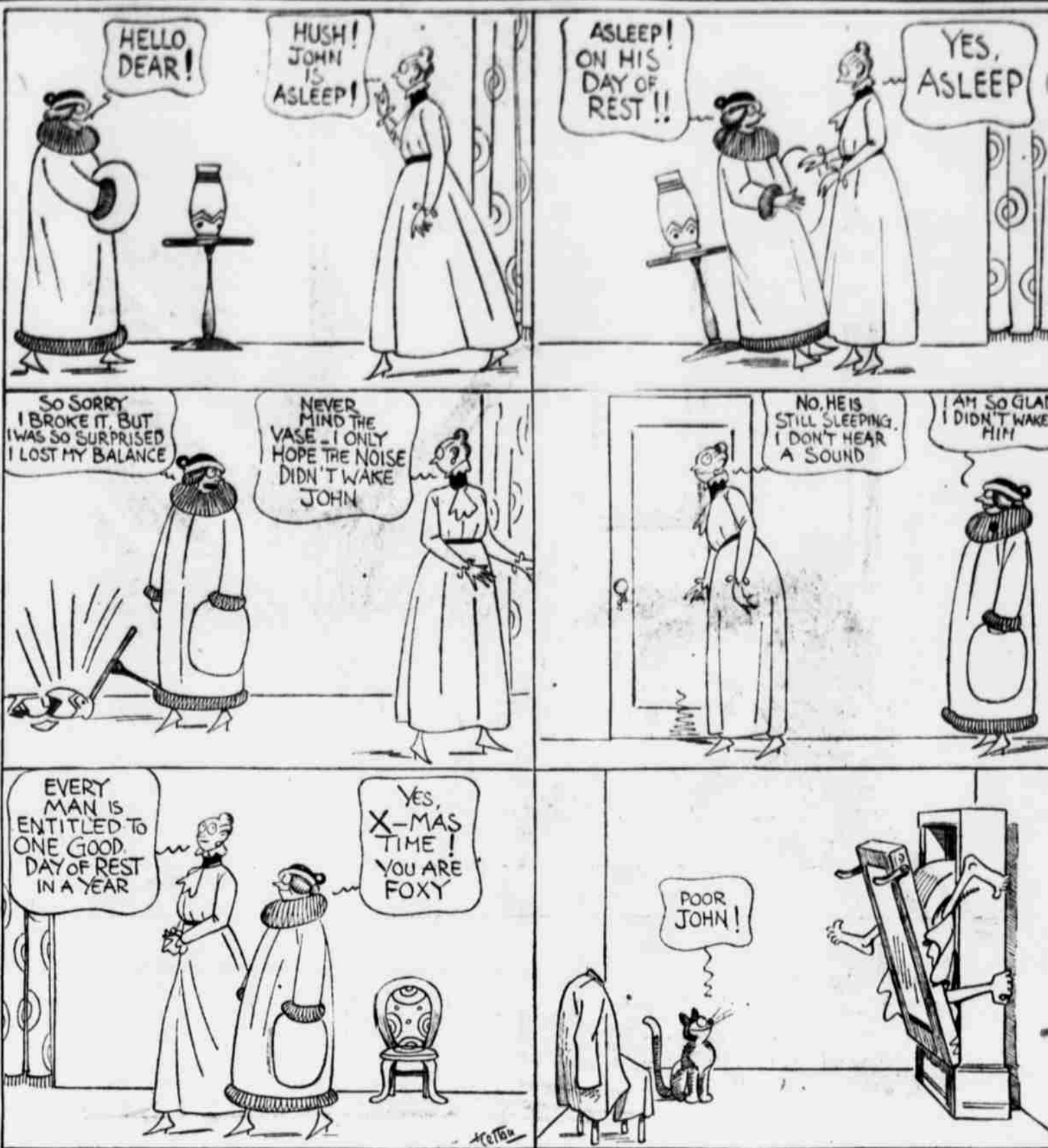
Put through the meat chopper enough cherry, peach or quince preserves to make a half pint with the juice. Heat fruit and add two tablespoons of gelatine, previously softened in a very little cold water. Stir well and continue stirring until it begins to cool and thicken, then pour into oiled dish to make a layer one inch thick. Let dry slowly, sprinkle with sugar and place in box with waxed paper between the layers. A mixture of dried apricots and dates may be used for this paste. Wash apricots and soak overnight in enough water to cover. Pour off water, bring it to a boil, pour over apricots and let stand until cool. Put apricots and dates through meat chopper as given.

STUFFED DATES.

Stone dates, fill cavities with nut meats. Dust in a little powdered sugar if desired.

The Day of Rest

By Maurice Ketten



Start with the forehead lines and work the fingers in oval movements.

of mind and expression, because tell-tale marks of our thoughts become deeply planted in our faces through various lines and disfigurements which are not easily effaced.

This week I shall outline some facial massage movements, and each reader should study them carefully so as to get the best results out of your home facial rejuvenation.

Start with the forehead lines and work the two forefingers in oval movements, allowing the fingers to pass each other, crossing every time over the scowl between the eyebrows. For the fine forehead lines, which run completely across the forehead, use the first three fingers of each hand in oval movements upward and downward.

Answers to Health and Beauty Questions.

PREPARATIONS.—MRS. F. K. H.: For torpid liver the following stretching exercise is active if you are not strong. Close the fists tightly, raise right arm and reach high up, as though trying to touch the ceiling; at the same time push downward toward the floor as hard as possible with the left foot. Reverse the position of the arms and do the exercise about ten times at intervals during the day if it does not tire you.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

STRETCHING EXERCISE FOR ELDERLY WOMAN.—MRS. F. K. H.: For torpid liver the following stretching exercise is active if you are not strong. Close the fists tightly, raise right arm and reach high up, as though trying to touch the ceiling; at the same time push downward toward the floor as hard as possible with the left foot. Reverse the position of the arms and do the exercise about ten times at intervals during the day if it does not tire you.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter at night to keep them smooth and less brittle. Some acidity causes this condition of the nails.

BRITTLE NAILS.—KATHERINE R.: Keep the hands out of hot water and rub the nails with cocoa butter